



# SCHOOL BREAKFAST MENU PLANNER

**OFFER VS. SERVE:** Must menu at least 4 items (Milk, Fruit, Grain and 1 additional item) made available for students.

\*AT THE POINT OF SERVICE, STUDENTS MUST HAVE AT LEAST 3 ITEMS, 1 ITEM MUST BE ½ CUP FRUIT OR VEG

**SERVE ONLY:** Required to have at least Milk, Fruit and Grain items on tray.

\*AT THE POINT OF SERVICE, STUDENT MUST HAVE ALL ITEMS MENU PLANNED

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Weekly	
Item 1	Fluid Milk	Variety #1: #2:	Variety #1: #2:	Variety #1: #2:	Variety #1: #2:	Variety #1: #2:	Variety #1: #2:	Variety #1: #2:	Total Milk:	<input type="checkbox"/> Two varieties of milk are offered daily throughout the week
Item 2	Fruit/Juice/Vegetable (1 cup offered)								Total Fruit:	<input type="checkbox"/> If juice is offered, no more than ½ fruit component is juice
Item 3	Grain (at least 1 oz/eq)								Total Grains:	
Item 4 *Required for OVS, optional for Serve Only.	Grain or M/MA (at least 1 oz/eq)  *1 cup of Fruit can also be used as the 4 <sup>th</sup> item.								Total Grains:	
									Weekly Grain Total:	<input type="checkbox"/> Meet minimum weekly requirement <input type="checkbox"/> All grains offered whole grain rich